



RECHARGE AND RESET

Tools for Thriving in Today's Work Environment

YOU PICK THE DATE. WE PROVIDE THE TRAINING.

Gain practical tools and strategies to support employee mental health and promote a company culture of safety and support.

RECHARGE AND RESET SERIES

- 1 Revitalize Your Mind:**
Elevating Wellness Through Stress Management and Mindfulness Tools
- 2 Nurturing Personal Resilience:**
Equipping Yourself with Skills for a Growth Mindset
- 3 Breaking the Burnout Cycle:**
Strategies for Sustainable Work-Life Balance and Time Management



CUSTOMIZABLE TRAINING

Companies are welcome to create a customized company training by combining various topics from any of the three training sessions.



FLEXIBLE DELIVERY

Trainings may be provided virtually or in person on a date and time that best meets the needs of your team. This is a private training only for you!

ABOUT US

At Beneath The Brave, we equip business leaders with skills and strategies to enhance employee mental health.

Our training programs help normalize supportive conversations about employee wellness and workplace success.

WWW.BENEATHTHEBRAVE.COM

60 MINUTE RECHARGE AND RESET TRAINING DESCRIPTIONS

1 Revitalize Your Mind: Elevating Wellness Through Stress Management and Mindfulness Tools

- **Understand Stress Responses:** Gain insight into the physiological and psychological responses to stress, enhancing your ability to manage and mitigate its effects.
- **Recognize and Reframe Stressors:** Understand personal stress triggers and develop proactive techniques to help cope you in the midst of overwhelm.
- **Practice Sustainable Mindfulness Techniques:** Learn and implement various relaxation and mindfulness practices to anchor focus, heighten self-awareness, and manage stress-inducing thoughts and emotions.

2 Nurturing Personal Resilience: Equipping Yourself with Skills for a Growth Mindset

- **Understand the Power of a Growth Mindset:** Explore the core principles of a growth mindset and its impact on personal and professional success and productivity.
- **Embrace Challenges:** Shift perspectives about how to deal with setbacks, seeing them as opportunities for growth and improvement rather than roadblocks.
- **Strengthen Resilience:** Build a foundation for stress management by learning how to bounce back from setbacks and cultivate lasting resilience in the face of challenges.

3 Breaking the Burnout Cycle: Strategies for Sustainable Balance and Workplace Time Management

- **Gain Techniques to Foster Self-Care Practices:** Learn the stages of burnout and build in self-care practices help you prioritize and protect your time and emotional energy.
- **Take Action Through Wellness Plans:** Discover wellness plans to break free from burnout cycles and create routines that enhance sustainable workloads.
- **Explore the Balance:** Acquire strategies for structure and assistance when advocating for your mental health in your professional and personal life.



YOUR INVESTMENT

Training sessions are intended to be 60 minutes.

VIRTUAL SESSION(S)

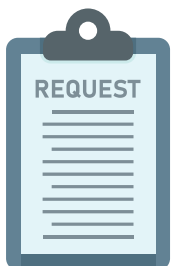
5-39 attendees	\$650/session
40-99 attendees	\$950/session
100+ attendees	\$1,150/session

IN-PERSON SESSION(S)

5-39 attendees	\$850/session
40-99 attendees	\$1,150/session
100+ attendees	\$1,350/session

Pro

*Plus a \$650 travel day rate and hotel, vehicle, and airfare reimbursement for travel outside of Phoenix, AZ.



CONTACT BENEATH THE BRAVE TO REQUEST A *RECHARGE AND RESET* TRAINING FOR YOUR TEAM, COMPANY, OR COMMUNITY!

Erin Callinan, MSW, Founder of Beneath The Brave
erin@beneaththebrave.com / 602-902-1373 / beneaththebrave.com

Meet Your Trainer!

Erin Callinan, MSW brings with her 15 years of leadership experience in the field of mental health training, advocacy, workplace development, and crisis intervention. She is the Founder of Beneath The Brave and a nationally recognized speaker, published author, entrepreneur, and peer who is successfully living with bipolar disorder.

Beneath The Brave helps companies and corporations enhance employee mental health through comprehensive training programs. Erin develops cutting edge training programs to equip business leaders with skills and strategies to create mentally healthy workplace cultures. In 2013, Erin published the book, *Beautifully Bipolar: An Inspiring Look Into Mental Illness*, and began her career in mental health advocacy and motivational speaking.

Erin is a Nationally Certified Instructor for both Adult/Youth Mental Health First Aid Courses and QPR Gatekeeper Suicide Prevention Trainings. She is the Board President of MIKID, the largest family run mental health non-profit in Arizona which provides support groups, counseling, and education to children, teens, and young adults living with mental health conditions.

Prior to launching her business, Beneath The Brave, Erin was the Executive Director of Mental Health America of Arizona and worked in legislative advocacy for mental health parity and suicide prevention. In 2016, Erin proudly received the Emerging leader of the Year award from National Association of Social Workers while earning her Masters in Social work from ASU.

Erin spent 7 years as the Director of Domestic Violence Response Initiatives at the AZ Coalition to End Sexual and Domestic Violence and was Shelter Manager of a domestic violence crisis shelter prior to that.

For 15 years, Erin has been facilitating training across the country at corporate conferences, prisons, psychiatric hospitals, police headquarters, military bases, and global HR events to over 60,000 people. Her proudest role is being a Mentor for the last 11 years at New Pathways for Youth.

Erin Callinan, MSW, Consultant, Speaker, Author
Founder of Beneath The Brave

